

HEALTHY EASTER
Cookbook

Over
60
HEALTHY &
DELICIOUS
EASTER
RECIPES!



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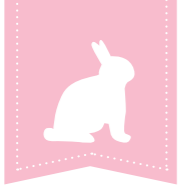
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Welcome

Welcome to the Healthy Easter Cookbook!

Easter is a lovely time of year as the seasons are changing and we can spend some time to celebrate and relax with our families after the hustle and bustle of the beginning of the year.

Easter is time to get together with family and friends, sharing meals and enjoying time with the kids.

We've put together a range of healthy recipes that you can choose from to prepare your Easter celebrations. With ideas for main meals and sides for family lunches or dinners, healthy chocolate recipes so you can indulge in sweet treats, while still following your healthy lifestyle goals, plus homemade gift ideas so you can pass on your healthy ways to friends and family.

Just because there are chocolate Easter eggs everywhere at this time of year, it doesn't mean you have to miss out on all the fun. Eating healthy, fresh foods and spending time with your family is what an enjoyable life is all about.

We hope you enjoy the recipes and ideas we've put together and that they encourage you to have a healthy, fun family Easter.

*The Healthy
Mummy Team*



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Healthy Easter Tips & Activities

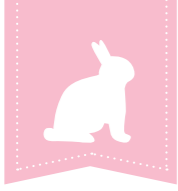
As Easter is spread over a few days, we can sometimes get caught up in the holiday mode and make celebrations and family meals too indulgent, sabotaging our healthy eating and lifestyle intentions. It is possible to still enjoy the Easter festivities and social gatherings while keeping your calorie intake in check.

Here are some easy ways to ensure you eat well and move your body this Easter:

Plan: Work out if you are hosting some Easter events or if you have been invited to friends' or family lunches, barbecues or dinners. Consider what types of foods will be available, how much control you will have over what you eat and figure out how you are going to tackle this - you might like to fill up before you go, sit furthest away from the buffet so you don't snack too much, serve yourself on a small serving plate, focus on eating slowly and enjoy the company and atmosphere, or bring your own healthy options if appropriate.

Moderation: When planning your strategies to get through Easter, eating in moderation should be a top priority. It is perfectly fine to enjoy your favourite foods, and in fact this can be a preferable strategy rather than completely avoiding foods, which can lead to binge eating and a negative relationship with food. Just keep in mind your portion sizes; serves of meat should be smaller than your palm and serves of discretionary food should be about the size of your thumb.





Make veggies the stars: On its own, a palm-sized piece of meat seems far from satisfying but by loading your plate with heaps of veggies, your plate will instantly become colourful, vibrant and far more satisfying without blowing out your healthy eating plans. Just be sure to choose salads with lots of leafy greens and colourful vegetables and minimal additions like rich creamy dressings, meats and cheeses.

Chocolate overload: Chocolate, sweet treats and chocolate eggs are everywhere at Easter and it can hard to avoid eating a few of them but remember your moderation plans. Have a couple of chocolate eggs and balance this out with healthy eating for the rest of the day. Enjoy some chocolate with a plate of fruit, you will satisfy your sweet tooth as well as load up on vitamins, fibre and minerals.

Don't keep bowls of Easter eggs around the house so they are tempting you all the time. Bring some out when you are ready to serve them and then put them back in the pantry.

Prepare healthy homemade chocolate treats like the ones in this cookbook, instead of just buying packaged chocolate eggs. These are great as gifts for friends and family and you can also get the kids involved with the preparations for fun Easter activities. Make your appetisers count: If you're planning on hosting some Easter celebrations at home, prepare healthy snacks and appetisers. Fruits and vegetables make great snacks and nibbles to serve before your main meal. Serve vegetables with dip platters or make some of the healthy snacks from this cookbook.





Healthy Easter Lunches

For many families, sitting down to lunch on Good Friday and/or Easter Sunday is very important and part of family tradition. Significant eating occasions like these are a great opportunity to build positive relationships and fond memories of delicious healthy foods that will help you keep up these healthy habits in the long run and help your children to develop preferences for healthy foods, too.

Make it an occasion: Sitting down together for a meal as a family is an important part of this process that allows families to come together and connect over food. It is also a great way to ensure you are eating slowly whilst engaging in conversation, which allows you to listen to your hunger cues and stop eating when you are full. Making Easter meals significant events will also mean you are less likely to snack before the main meal – but once the meal is over, clear the table and don't come back for seconds.

Healthy sides: Cooking a big family meal also means there will be plenty of opportunity to load the table with lots of healthy sides, such as steamed or roasted veggies and colourful salads. Try to avoid salads with rich creamy dressings and avoid adding butter and cream to your vegetables. A light drizzle of olive oil will add flavour and is a much healthier option.

Choose lean meats or seafood: Traditionally seafood is eaten on Good Friday and lamb or other meats on Easter Sunday. Be sure to choose lean cuts of meat and remove any visible fat before eating. Seafood is a wonderful Easter meal option that is low in fat, high in protein and tastes delicious.

Stay hydrated: Remember to drink plenty of water, too. This will help slow down your eating and reduce the chance of over-eating, while also helping to keep you hydrated. Water jugs can make wonderful table decorations and by simply adding some colourful fruits you will be encouraged to drink more.





Healthy Drink Options

When it comes to family get-togethers and celebrations like Easter, we can sometimes overindulge in unhealthy drinking as well as eating. The big problem with drinking alcoholic drinks (and even many non-alcoholic) when you're following a healthy lifestyle is they can have as many calories as a small meal!

Be aware of the calories: Know how many calories your favourite alcoholic drinks have in a single serve. Liqueurs and creamy spirits can have 130-150 calories in a 30ml serving. Cocktails and mixed drinks are often very high in calories. Even a small 150ml glass of white wine will add around 100 calories. As you can see, a drink or two with your meal can quickly add a lot of extra calories.

Think while you drink: A few extra drinks during a family lunch can also loosen your eating inhibitions and have you heading for the chips and dips twice as often as you would otherwise, giving you a double calorie whammy.

Choose wisely: Of course it is ok to enjoy a special drink for special times like Easter, but as always be mindful of your portion size, choose smaller glasses, dilute wine or spirits with ice and mineral water and choose low alcoholic options rather than full strength. Be sure to drink a glass of water or mineral water between each alcoholic drink and avoid drinking on an empty stomach.

Top alcoholic drink options include:

- Vodka with soda (40% alcohol 30ml vodka plus 150ml soda) ~ 64 calories. Add ice and a squeeze of lime for a delicious twist
- Red wine (13.5% alcohol 150ml) ~ 100 calories
- White wine (11.5% alcohol 150ml) ~ 100 calories.
- Try a white wine spritzer with soda water, ice, oranges and strawberries.

We've included a few healthy cocktail and mocktail recipes in this cookbook to help you choose healthier options to serve at your Easter events.





Easter Exercise & Motivation

Just because you're having a fun, family break over Easter, doesn't mean it's time to put your feet up and forget about your health goals. Of course you can relax, take a break and spend time with the kids, but try to include some fun activities that will get you all moving.

Keep up your routine: If you have regular exercise planned, then continue with your plans over Easter. Still attend your gym session, meet up with your personal trainer or complete your at-home exercise routines. Getting your exercise in before you are preparing a family lunch will give you loads of energy for the day ahead.

Don't let the kids have all the fun: Opportunities for incidental exercise are in abundance during holidays like Easter, so get out there and play, swim, bike ride, slip 'n' slide. Finding ways to have fun while exercising is key to keeping motivation levels high.

Don't plan too much: You don't have to say "yes" to every Easter event you are invited to. Keeping your schedule to a minimum will help you reduce your stress and give you more time for more important things – like time with your family.

Don't lose sight of the big picture: Even if you do end up indulging a little more than you usually would over Easter and possibly feeling as if you're in a chocolate egg coma, don't lose sight of your goals and don't forget how far you've come. Bumps in the road are to be expected but don't let them knock you completely off course.





Easter Fun

There are loads of great things you can do with the kids and family over Easter. Don't just make the time off all about sitting around eating and being tempted by chocolate. Try some fun activities before and during the long weekend.

Easter preparations

Getting the whole family involved with your Easter preparations will get everyone excited for the special time ahead and, when it comes to food, getting the kids in the kitchen helping you can encourage them to eat better and know why healthy options are best for our bodies.

Let the kids choose some of the snacks or sweet treats from this cookbook that they'd like to prepare and set aside some time in the lead-up to Easter to make them together.

The kids can colour in or paint paper or cardboard boxes that you can use to wrap up your homemade Easter gifts.

Paint your own eggs by either hard boiling free-range eggs and when cool using water colour paints and crayons to create designs to use as decorations for your Easter lunch table. Or you can place a small hole, using a pin, in either end of a raw egg and blow out the contents with a straw. You can then paint the shells and use whole as decorations, or break the shells up and get the kids to stick the coloured pieces on Easter cards or hats.

Recycle some cardboard boxes from the kitchen and set up an Easter Hat-making station at home. Cut out strips of cardboard and measure your child's head circumference, then staple the cardboard together to create a hat band. Use paints, pencils, felt-tip markers, pictures cut out from old magazines, crepe paper, balloons, sticky tape, glue, streamers, ribbons, coloured feathers, real or artificial flowers, etc to decorate the hats. Everyone can wear a hat at your Easter lunch or have a hat parade and judge the creations, giving the winners a healthy treat as a prize.





Healthy Easter Egg Hunt

There's nothing cuter than watching the kids search for Easter treats on Easter Sunday morning. Host an Easter Hunt at your Easter events but give them a healthy and active twist:

Yes, most kids LOVE chocolate and searching for choccie eggs hidden in the garden or house is a lot of fun but you don't need to go overboard with the sweet stuff. Buy some small chocolate eggs to include with other non-food treats so that Easter isn't just about eating sweet things. Or make your own chocolate eggs (get the kids involved, too) and then you'll know exactly what you're putting into your body.

Rather than just chocolate eggs, you could prepare some of the healthy sweet treats from this cookbook, package them up in coloured paper or boxes and use those as your hunting surprises.

Take the Easter Hunt to the local park or somewhere where there's a lot of space. Hide treats behind trees, under bushes or benches and let everyone have a good run around to get some exercise in.

Non-food treats could include things as simple as a few stickers, some coloured pencils, cute erasers, hair ties or clips, balloons, small toys or Easter-themed bunnies or chicks.

If you'd like, you could have one larger treat to be found in the hunt and some nice ideas are some new slippers or pjs for the cooler months ahead, a special book or two or a family DVD you can all watch after your Easter lunch.

Once you've had the Easter Hunt, it's a great time to play a family game of cricket, softball, football, hide and seek, etc - to get everyone moving.





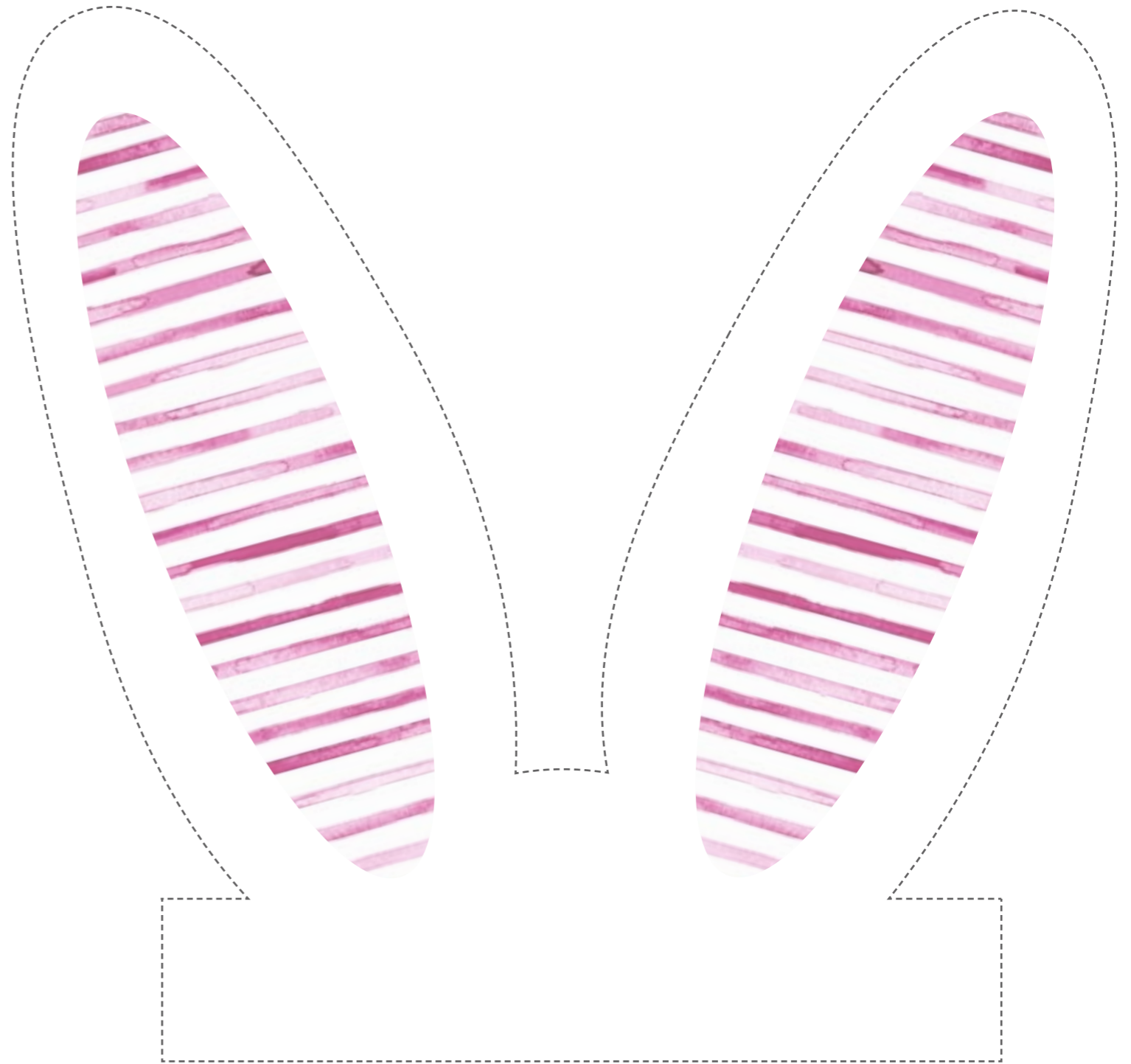
Easter Bunny Ears Craft

Get everyone in the spirit of Easter with a set of their own Easter Bunny ears. Simply use our template and trace the shape onto some coloured cardboard. Make the band under the ears long enough to reach around your head.

Cut out the ears and wrap the band around your head, stapling it together where it sits securely. Trim off any excess.

The kids will have loads of fun decorating everyone's set of ears with glitter, paint, coloured cotton wool balls, pencils, coloured paper etc.

Use a set of ears as place cards for your Easter lunch table setting.





E A S T E R

Gift Ideas

Easter doesn't have to be only about chocolate eggs. There are loads of healthy options you can give to friends and family instead, that are just as tasty but a lot healthier for everyone.

Package your healthy homemade gifts in coloured boxes, cellophane or paper, using some ribbons to tie everything together - making beautiful gifts from the heart.



Homemade Chocolate Easter Bunnies

■ PREP TIME: 65 MINS ■ COOKING TIME: 5 MINS ■ SERVES: 6
■ CALORIES PER SERVE: 108 (453KJ)

Ingredients

1/4 cup coconut oil
1/4 cup maple syrup
1/2 tsp vanilla extract
1/2 cup raw cacao/cocoa powder

Method

1. Gently melt the coconut oil in a saucepan over medium-low heat.
2. Add maple syrup and vanilla. Stir through cocoa/cacao powder until well combined.
3. Divide mixture evenly into 6 Easter Bunny chocolate moulds (or moulds of choice) and refrigerate for 1 hour or until set.
4. One Easter Bunny is one serve. Store leftovers in an airtight container in the fridge for 1-2 weeks.





Hot Cross Buns

■ PREP TIME: 10 MINS ■ COOK TIME: 20 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 395 (1656KJ)

Ingredients

1 cup wholemeal self-raising flour	1 tbsp ground nutmeg
1/3 cup coconut sugar	1 tsp vanilla extract
1/3 cup sultanas	3/4 cup reduced-fat Greek natural yoghurt
1/4 cup dried apple, finely chopped	1/2 cup plain wholemeal flour
1 tsp all spice	2 tbsp water
2 tbsp cinnamon	2 tbsp sugar free maple syrup

Method

1. Preheat oven to 200C and line a baking tray with baking paper.
2. Mix together self raising flour, coconut sugar, sultanas, dried apple, all spice, cinnamon and nutmeg until well combined.
3. Slowly mix in the yoghurt and vanilla essence but try not to over mix.
4. Once well combined, use approx. 1/4 cup plain flour to cover your work space and knead the dough around 10 times over (the dough may be a little sticky but that's ok).
5. Cut the dough into 4 even pieces, shape these with your hands to make a bread roll shape.
6. Place on a lined baking tray with a few centimetres in between each bun.
7. Lightly brush each bun with maple syrup.
8. To make the cross shape mix 1/4 cup plain flour and 2-3 tablespoons of water. Mix well until there are no lumps. Place this mix in a zip lock bag and cut a small piece of the end to make a piping bag. Slowly create the cross shape on top of your hot cross buns.
9. Bake in the oven for 15-20 minutes.
10. These are best served when hot. One bun is one serve.
11. Leftovers can be stored in an air tight container and frozen for up to 6 months.





Almond & Cacao Fudge

■ PREP TIME: 125 MINS ■ COOKING TIME: 5 MINS ■ SERVES: 8
■ CALORIES PER SERVE: 134 (562KJ)

Ingredients

1/4 cup coconut oil
2 tbsp tahini
2 tbsp almond butter
3 tbsp maple syrup
1 tsp vanilla extract
1/4 tsp cinnamon
salt
1/2 cup raw cacao/cocoa powder

Method

1. Line a small loaf pan with baking paper and set aside.
2. In a heavy based saucepan, combine coconut oil, tahini, almond butter, maple syrup, vanilla, cinnamon and a pinch of salt. Stir over low heat until smooth and liquefied.
3. Remove from heat and stir in sifted cacao. Pour into lined tin and smooth surface.
4. Refrigerate until firm, at least 2 hours, then remove from pan and cut into 8 slices.
5. Store in fridge or freezer (will last for a week or more in an airtight container in the fridge).
6. Wrap slices in baking paper and then coloured paper to give as homemade Easter “chocolate bars”.





Choc-Orange Bliss Balls

■ PREP TIME: 15 MINS ■ SERVES: 6 ■ CALORIES PER SERVE: 118 (496KJ)

Ingredients

1 orange
1/2 cup pitted, dried dates
1 tbsp boiling water
1/4 cup rolled oats
1 tbsp cacao/cocoa powder
2 tbsp chia seeds
1 tbsp desiccated coconut

Method

1. Zest orange and reserve for later. Peel orange and cut into segments.
2. Roughly chop dates, combine with boiling water and set aside for 5 minutes to soak.
3. Puree orange segments, dates and any remaining liquid until smooth. Add oats and cacao and blend again. Blend or stir in chia seeds.
4. Refrigerate mixture for 10 minutes until mixture firms up slightly.
5. Divide into 12 portions, roll into balls and coat with coconut. Place on a lined tray, sprinkle with reserved orange zest and refrigerate to set.
6. Store in fridge or freezer. 2 balls is 1 serve.
7. Package up a few balls in clear plastic gift bags and tie with ribbon. Store in the fridge or freezer until ready to give as gifts.





Coconut & Peanut Butter-Filled Chocolate Eggs

■ PREP TIME: 75 MINS ■ COOKING TIME: 2 MINS ■ SERVES: 12
■ CALORIES PER SERVE FOR PEANUT BUTTER FILLING: 215 (901KJ)
■ CALORIES PER SERVE FOR COCONUT FILLING: 142 (596KJ)

Ingredients

1/2 cup peanut butter	1/2 cup desiccated coconut
1 tbsp coconut flour	1/4 cup light coconut milk
3 tbsp coconut oil, melted	120g dark chocolate (70%)
4 tsp maple syrup	

Method

1. In a small bowl combine peanut butter, coconut flour, 1 tablespoon of the coconut oil and 2 teaspoons of the maple syrup. Stir well to form a dough then tip onto a piece of baking paper and form into a log. Roll up filling in the paper and refrigerate for 30 minutes.
2. In the jug of a blender or small food processor, combine desiccated coconut, coconut milk, 1 tablespoon of the coconut oil and remaining maple syrup. Pulse a few times to combine then tip onto a piece of baking paper and form into a log. Roll up filling in the paper and refrigerate for 30 minutes.
3. Remove fillings from fridge, slice each roll into 12 pieces and form into egg shapes (24 eggs in total). Place onto a baking tray lined with paper and return to fridge for another 30 minutes.
4. Gently melt chocolate and remaining coconut oil in a small bowl or glass in the microwave and cool to room temperature.
5. Using two forks, dip one piece of egg filling at a time into chocolate, allowing excess to drip into bowl. Place on the tray and return chocolate-coated eggs to fridge until ready to serve. 2 chocolate eggs is 1 serve.

Note: If the peanut butter dough softens as you form the eggs, return to fridge until firm. To differentiate fillings, sprinkle coconut-filled eggs with coconut before chocolate dries.





Dark Chocolate Coconut Roughs

■ PREP TIME: 185 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 158 (664KJ)

Ingredients

80g dark chocolate (70%)
1½ tbsp coconut oil
1/3 cup shredded coconut
1 tbsp dried cranberries

Method

1. Place dark chocolate and coconut oil into a microwave-safe bowl and heat for 2 minutes (check every 30 seconds to ensure chocolate doesn't burn) or until chocolate has melted. Stir to combine.
2. Add shredded coconut and cranberries and stir through.
3. Line a tray with baking paper. Spoon teaspoon-sized mounds of mixture onto baking paper (about 16 small roughs).
4. Place tray into the fridge for 3 or more hours until set.
5. Once set, divide roughs into 4 serves.
6. Place roughs in gift boxes or bags to give to family or friends instead of store-bought chocolate eggs or lollies. Store in the fridge until ready to distribute.





Easter Muffins

■ PREP TIME: 7 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 6
■ CALORIES PER SERVE: 189 (784KJ)

Ingredients

1¼ cup wholemeal self-raising flour
1 tsp orange zest
1 tsp mixed spice
2 tbsp sultanas
½ tsp baking powder
25ml honey
1 free-range egg
2 tbsp orange juice
2 tbsp vegetable oil
⅓ cup water

Method

1. Preheat oven to 180°C. Line 6 holes of a muffin tray with paper or silicon cases, or spray lightly with cooking oil spray.
2. Combine flour, orange zest, spice, sultanas and baking powder in a large bowl. Whisk honey, egg, orange juice, oil, and water in a jug until well combined.
3. Add wet ingredients to dry and stir until just combined – do not over-mix.
4. Divide mix evenly between the muffin holes and bake for 20-25 minutes or until a skewer comes out clean.
5. Remove muffins from oven, turn onto a cooling rack.
1 muffin is 1 serve.
6. Wrap cooled muffins up individually with cellophane to give as gifts or make a whole batch and place in a basket to give as a healthy alternative to chocolate Easter eggs.





Fig, Almond & Apricot Balls

■ PREP TIME: 70 MINS ■ SERVES: 6 ■ CALORIES PER SERVE: 119 (498KJ)

Ingredients

1/4 cup pitted, dried dates, chopped
3 dried figs, chopped
2 tbsp almond meal
1 tbsp rolled oats
1/4 cup dried apricots, chopped
1/2 tsp cinnamon

Method

1. Place all ingredients into a food processor on high for several minutes until all ingredients are well combined.
2. Wet hands slightly and roll mixture into 12 small balls. Place in the fridge for 1 hour to set. Store in the fridge.
3. Package up a few balls in clear plastic gift bags and tie with ribbon. Store in the fridge or freezer until ready to give as gifts.





Hot Cross Bliss Balls

■ PREP TIME: 10 MINS ■ SERVES: 8 ■ CALORIES PER SERVE: 131 (550KJ)

Ingredients

1/3 cup orange juice	1 tbsp cacao/cocoa powder
1/2 cup pitted, fresh medjool dates	2 tsp honey
1 cup rolled oats	2 tsp almond butter
1/2 cup sunflower seeds	1 tbsp butter, melted
1 tsp mixed spice	
2 tsp orange zest	

Method

1. Heat orange juice in microwave or a small saucepan, add dates and set aside to soak and cool.
2. Place oats and seeds in a food processor on high until finely chopped. Add spice, zest, dates and soaking juice. Process on high until ingredients are well combined and begin to come together. If the mixture is too dry, add extra orange juice.
3. Roll bite-sized balls of the mixture and arrange on a plate (16 balls in total). Once all mixture is rolled, place in the fridge while you prepare the chocolate crosses.
4. In a small mixing bowl combine cocoa, honey, almond butter and melted butter. Place mixture into a piping bag or a snap lock lunch bag and cut a small corner off one side so you can pipe crosses onto the balls.
5. Remove balls from the fridge and pipe a small cross onto each ball. Freeze any leftover cross mixture to use another time. Return balls to the fridge and chill until ready to serve. 2 balls is 1 serve.
6. Package up in small coloured gift boxes to give to friends and family instead of store-bought chocolate eggs. Ensure that you store in the fridge before giving as gifts to prevent the crosses from melting.





Strawberry Nut Balls

■ PREP TIME: 20 MINS ■ SERVES: 5 ■ CALORIES PER SERVE: 166 (697KJ)

Ingredients

1/3 cup cashew nuts, unsalted
1¼ tbsp orange juice
3 tsp coconut oil, melted
2 tbsp rolled oats
4 pitted, dried dates
1½ tbsp dried strawberries

Method

1. In a food processor or high-speed blender, blitz cashews to fine crumbs. Add the juice and oil and pulse to combine, then add the dates and strawberries and pulse until a paste begins to form.
2. Add the oats and blend until well mixed. Adjust ingredient quantities if you need to get a good consistency (eg, if you need more moisture, add some more juice or oil; if too wet, add some more oats or nuts).
3. Roll tablespoonfuls of mixture into balls (about 10 balls).
4. Refrigerate balls until firm. Can be frozen to have on hand when you need a healthy snack or store in the refrigerator in an airtight container for up to four days. 2 balls is 1 serve.
5. Wrap some of these healthy bliss balls in cellophane tied with ribbon to give as a gift.





Vanilla Coconut Tarts

■ PREP TIME: 75 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 373 (1561KJ)

Ingredients

1¼ cups rolled oats
1/3 cup peanut butter
1 tbsp water
1½ cups reduced-fat Greek natural yoghurt
2 tsp vanilla extract
1 tbsp maple syrup
1 tbsp shredded coconut

Method

1. Combine rolled oats, peanut butter and water and mix well. Divide mixture between four lined muffin holes and press firmly into bases.
2. Combine yoghurt, vanilla and maple syrup and pour evenly over the bases. Sprinkle tops with coconut and place in the freezer for an hour or until firm.
3. Defrost for a few minutes before serving. 1 tart is 1 serve.
4. Place individual tarts in small plastic gift bags tied with some ribbon and store in the freezer until ready to give as gifts.





White Chocolate & Goji Fudge

■ PREP TIME: 40 MINS ■ SERVES: 6 ■ CALORIES PER SERVE: 171 (717KJ)

Ingredients

1/3 cup instant milk powder
1/4 cup almond meal
1/4 cup coconut flour
2½ tbsp coconut oil, melted
1½ tbsp rice malt syrup
2½ tbsp goji berries
3 tsp water
1 tsp vanilla extract

Method

1. Line a small rectangular dish or container (approximately 10cm x 20cm) with baking paper.
2. Combine all ingredients and mix well.
3. Press into base of the container and smooth the top. Refrigerate to set (at least 30 minutes).
4. Cut into 6 slices to serve. 1 slice is 1 serve.
5. Store leftovers in an airtight container in the fridge.
6. Wrap in baking paper and tie with coloured ribbon to give as a healthy Easter gift.





E A S T E R

Celebration Snacks

Make your Easter events really special from the moment people arrive.

Prepare some of these healthy snacks to celebrate spending time together as a family.

Not only are these recipes great to have before and after specific lunches or dinners, but also they are ideal to have on hand when you need something in between main meals in the lead-up to, and after, Easter.



Corn & Tomato Guacamole

■ PREP TIME: 5 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 350 (1470KJ)

Ingredients

2 avocados
2 tomatoes
1 cup corn kernels, fresh or tinned
1 tbsp lime juice
plain rice crackers (eg, Sakata), to serve

Method

1. Roughly mash avocado and dice tomato.
2. Combine avocado, tomato, corn and lime juice.
3. Serve with rice crackers (approximately 10 per serve).





Creamy Semi Sundried Tomato Dip with Parmesan Crackers

■ PREP TIME: 20 MINS ■ COOKING TIME: 12 MINS ■ SERVES: 2 ■ CALORIES PER SERVE: 182 (763KJ)

Ingredients

1 tbsp light cream cheese	1½ tsp dried Italian herbs
3 tbsp reduced-fat Greek natural yoghurt	salt
2 tbsp semi sundried tomatoes, chopped	1/3 cup plain wholemeal flour
1 clove garlic, minced	1 tbsp grated parmesan

Method

1. Preheat oven to 200°C. Combine cream cheese, 1 tablespoon of the yoghurt, semi-sundried tomatoes, garlic, 1 teaspoon of the dried herbs and a pinch of salt. Mix together well and set aside.
2. Tip flour onto a board or bench top and make a well in the centre.
3. Add remaining 2 tablespoons of Greek yoghurt to the well and sprinkle a pinch of salt over. Gently fold flour and yoghurt together and knead until a dough is formed.
4. Lightly flour board with extra flour and roll dough out to 1mm thickness.
5. Either cut dough into small squares with a knife or use a small cookie cutter to make approximately 24 shapes. Gently prick each dough shape with a fork all over.
6. Combine parmesan and remaining dried herbs. Sprinkle mixture onto each cracker.
7. Place crackers onto a lined baking tray and bake for about 12 minutes until starting to brown on the edges.
8. Remove from oven and cool on wire rack.
9. Serve crackers with semi-dried tomato dip. This recipe makes 2 serves, so divide dip and crackers evenly.
10. Store any leftover crackers in an airtight container in the pantry for a few days. Leftover dip can be stored in an airtight container in the fridge for a day or two.





Cucumber S'Mores with Cream Cheese, Smoked Salmon & Dill

■ PREP TIME: 5 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 141 (592KJ)

Ingredients

2 cucumbers
8 slices smoked salmon
2/3 cup light cream cheese
1/3 cup fresh dill, chopped

Method

1. Slice cucumber into 1cm rounds and arrange on a serving plate. Slice the smoked salmon into small pieces.
2. Top each cucumber round with a small amount of cream cheese and a few pieces of smoked salmon.
3. Garnish with some dill to serve





Roast Pumpkin Hummus with Veggie Sticks

■ PREP TIME: 7 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 127 (532KJ)

Ingredients

1½ cups pumpkin
cooking oil spray
1/2 clove garlic
200g tinned chickpeas
1 tbsp tahini
2 tsp lemon juice
1/2 tsp ground cumin
1/2 tbsp fresh coriander
1 Lebanese cucumber
2 red capsicums

Method

1. Preheat oven to 180°C. Cut and peel pumpkin, spray lightly with cooking oil and roast on a lined baking tray for 25 minutes. Add garlic to pan for the last 10 minutes of roasting.
2. Remove tray from the oven and place pumpkin, chickpeas and garlic in a food processor with tahini, lemon juice, ground cumin and coriander.
3. Process on high until smooth, adding a bit of water if necessary.
4. Serve dip with cucumber and capsicum batons.





Roast Sweet Potato Chips with Paprika Yoghurt

■ PREP TIME: 10 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 96 (403KJ)

Ingredients

2 sweet potatoes
1 tbsp extra virgin olive oil
cooking oil spray
salt
1/2 cup reduced-fat Greek natural yoghurt
1 tsp smoked paprika
pepper

Method

1. Preheat oven to 200°C. Slice the sweet potatoes into thin rounds (you can peel the sweet potatoes if you like, but it's not necessary).
2. Line a tray with baking paper and drizzle with oil. Use your fingers to spread oil evenly over paper then arrange sweet potato slices in a single layer.
3. Spray top of slices lightly with cooking oil spray and season with a pinch of salt. Roast for 15-25 minutes (depending on thickness of slices), flipping after 10 minutes and then every 5 minutes after until golden.
4. Combine the yoghurt with paprika and serve as a dipping sauce with the sweet potato chips that have been seasoned with a little salt and pepper.





Rosemary & Flax Crackers

■ PREP TIME: 20 MINS ■ COOKING TIME: 40 MINS ■ SERVES: 6
■ CALORIES PER SERVE: 158 (655KJ)

Ingredients

1/4 cup flaxseed meal
1/4 cup flaxseeds
1/4 cup chia seeds
1/2 cup water
1 tsp dried rosemary
salt
1 cup hummus, store-bought or homemade

Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Combine all ingredients together with a pinch of salt and allow to rest for 10-15 minutes to thicken.
3. Spread the mixture evenly onto the lined baking tray into a thin layer. Bake for 15-20 minutes or until slightly golden, then remove from the oven.
4. Carefully flip the crackers over onto a new piece of baking paper and remove the original baking paper to expose the underside of the crackers.
5. Return the crackers on the new baking paper to the oven and bake for another 10-15 minutes but keep an eye on them so they don't burn.
6. Break into chunks and divide into 6 serves. Serve with 2 tablespoons of hummus per serve.





Salt & Vinegar Chickpeas

■ PREP TIME: 50 MINS ■ COOKING TIME: 50 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 127 (531KJ)

Ingredients

400g of tinned chickpeas
1 cup white vinegar
1 tsp extra virgin olive oil
salt

Method

1. Rinse and drain the chickpeas and place in a saucepan with the vinegar. Bring to a boil. Remove from the heat as soon as boiling commences and allow chickpeas to soak for 40 minutes in the warm vinegar.
2. Preheat oven to 200°C. After 40 minutes, drain chickpeas of excess vinegar (liquid can be saved for another batch).
3. Line a baking tray with baking paper and spread chickpeas in an even layer. Coat with olive oil and salt (to taste).
4. Bake for 35-40 minutes, shaking the tray every 10 minutes to make sure they are colouring evenly and not burning.
5. Let stand for 10 minutes before serving.
6. Keep in an airtight container in the fridge or freezer. (To restore from frozen, defrost in fridge and heat in the oven.)





Spinach Balls

■ PREP TIME: 10 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 267 (1120KJ)

Ingredients

1 brown onion
2 tsp coconut oil
280g frozen spinach
1¼ cups wholemeal breadcrumbs
2½ tsp dried Italian herbs
3 free-range eggs
2 tbsp grated parmesan
salt
pepper
lemon wedges, to serve

Method

1. Preheat oven to 180°C. Defrost the spinach, then drain off excess water and chop.
2. Finely dice onion and sauté with the coconut oil in a small frying pan until softened.
3. Place onion and all other ingredients in a bowl and mix until well combined. Season with salt and pepper.
4. Roll mixture into approximately 20 bite-sized balls. Place on a lined baking tray and bake for 20 minutes. Serve with a wedge of lemon. 5 balls is 1 serve.





Sundried Tomato Gnocchi Stacks

■ PREP TIME: 5 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 5
■ CALORIES PER SERVE: 89 (374KJ)

Ingredients

10 pieces fresh gnocchi
1 tsp extra virgin olive oil
1/2 cup pitted green olives
1/4 cup sundried tomatoes)
10 fresh basil leaves
small wooden skewers

Method

1. Preheat oven to 160°C. Place the fresh gnocchi in a roasting tin and drizzle with olive oil. Roast for 25-30 minutes or until golden, stirring occasionally.
2. Thread the roasted gnocchi onto the end of a large toothpick or small skewer (you will need approximately 10 toothpicks/skewers for this recipe).
3. Top each gnocchi with an olive, a sundried tomato (or piece of sundried tomato if they are large) and a basil leaf.
4. Serve while the gnocchi is still warm. 2 pieces is 1 serve.





E A S T E R

Main Meals

Lamb and seafood are traditionally the meals of choice for Easter lunches and dinners, but that doesn't mean you have to follow suit.

We've selected a wide range of healthy main meals that you could prepare to share with your family this Easter with – of course – a few lamb and seafood options included.



Barbecued Honey Prawns with Pineapple Salad

■ PREP TIME: 5 MINS ■ COOKING TIME: 35 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 394 (1647KJ)

Ingredients

1 cup brown rice, uncooked
400g prawns, raw, peeled, with tails intact
2 cloves garlic, finely chopped
1 tbsp fresh ginger, minced
1 tbsp extra virgin olive oil
2 tsp honey
2 cups pineapple, fresh or tinned, diced
1 Lebanese cucumber, chopped
4 spring onions, thinly sliced
1/3 cup fresh coriander leaves, chopped

Method

1. Cook rice according to packet instructions.
2. Using a knife, cut a slit along the back of each prawn, being careful not to cut all the way through. Place prawns in a small bowl with the garlic, ginger, oil and honey. Toss to coat well.
3. Heat a barbecue hotplate or frying pan over medium-high heat.
4. Cook prawns for 2 minutes each side or until cooked through. Transfer to a bowl.
5. Combine pineapple, cucumber, spring onion and coriander in a bowl and serve with rice, topped with prawns.





Barbecued Seafood Platter with Homemade Chips

■ PREP TIME: 10 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 380 (1595KJ)

Ingredients

160g of prawns, raw, shelled	2 tbsp extra virgin olive oil
160g of white fish fillet of choice	salt
120g of calamari, fresh or frozen	pepper
cooking oil spray	4 cups rocket
1/2 cup tartare sauce, store bought, no added sugar	2 tomatoes
4 medium potatoes	1 Lebanese cucumber
	2 tbsp lemon juice

Method

1. Preheat the oven to 220°C. Slice the potato (peel if you like) into long chip sized pieces.
2. Place the chips onto a lined baking tray and combine with half the extra virgin olive oil and season with salt and pepper. Place in the preheated oven for approximately 20-25 minutes or until crisp and golden.
3. While the chips are cooking, prepare the salad by combining the rocket, diced tomato and diced cucumber and tossing with half the lemon juice, remaining extra virgin olive oil. Season with salt and pepper, if desired.
4. Heat a barbecue and spray all the seafood lightly with the cooking oil spray. Barbecue the prawns, fish and calamari on both sides until cooked through and to your liking - they won't need a long cooking time. Cook the fish on the hotplate. You can cook the prawns and calamari on the grill. You can also cook everything in a non-stick frying pan on the stove.
6. Drizzle the cooked seafood with the remaining lemon juice and serve with the salad, chips and tartare on the side.





Country Roast Chicken with Gravy & Vegetables

■ PREP TIME: 10 MINS ■ COOKING TIME: 1.5 HOURS ■ SERVES: 6
■ CALORIES PER SERVE: 402 (1681KJ)

Ingredients

1 tbsp olive oil	1 red onion, cut into wedges
1 tsp dried oregano	1 red capsicum, halved, seeded, sliced
1 tsp lemon zest	1 sprig fresh rosemary, leaves chopped
1.8kg whole chicken	cooking oil spray
200g pumpkin, halved, seeded, peeled, thickly sliced	1 tbsp plain flour
	1 cup reduced-salt chicken stock

Method

1. Preheat oven to 180°C. Combine oil, oregano and lemon zest. Use your fingers to rub oil mixture over the chicken.
2. Place the chicken in a roasting pan lined with baking paper and roast for 1 hour. Remove chicken from oven and baste with pan juices before returning chicken to the oven and roasting for a further 15-20 minutes or until juices run clear.
3. In a second roasting pan lined with baking paper, place the pumpkin, onion and capsicum. Sprinkle with rosemary and spray with cooking oil spray. Place in oven with chicken for the final 25 minutes of roasting or until vegetables are tender and just starting to brown.
4. Remove chicken from oven and rest for 15 minutes before carving. Keep vegetables warm in the oven while chicken is resting, by reducing the heat to low.
5. Transfer $\frac{3}{3}$ cup of the chicken pan juices from the roasting pan to a saucepan. Add the flour and cook over low heat for 1 minute, stirring continuously. Gradually add the stock, stirring until smooth between each addition, then bring to the boil and cook for 2 minutes. Transfer to a jug.
6. Carve the chicken and serve with vegetables and gravy.





Dukkah-Crusted Salmon with Smashed Potatoes

■ PREP TIME: 5 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 386 (1613KJ)

Ingredients

4 potatoes
4 cloves garlic, crushed
1 tbsp extra virgin olive oil
1/3 cup dukkah (a Middle Eastern seed & spice mix)
4 x 100g salmon fillets, skinless
cooking oil spray
4 cups baby spinach

Method

1. Preheat oven to 200°C.
2. Chop potatoes into chunks (no need to peel) and steam until just tender in a microwave steamer.
3. Transfer potatoes to a roasting pan. Use the back of a spoon to lightly crush the potatoes (just enough to break the skin and flatten slightly). Combine garlic and olive oil and spoon over crushed potatoes. Bake potatoes for 20-30 minutes or until golden and crisp.
4. Meanwhile, place the dukkah on a plate. Add the salmon fillets and press firmly to coat on both sides.
5. Heat a non-stick frying pan over medium heat. Lightly spray with cooking oil. Add the salmon and cook for 2-3 minutes each side or until cooked to your liking. Transfer to a plate and cover with foil to keep warm.
6. Add the spinach to the pan and cook for 1 minute or until the spinach just wilts.
7. Serve salmon with potatoes and spinach.





Dukkah-Spiced Lamb with Rainbow Salad

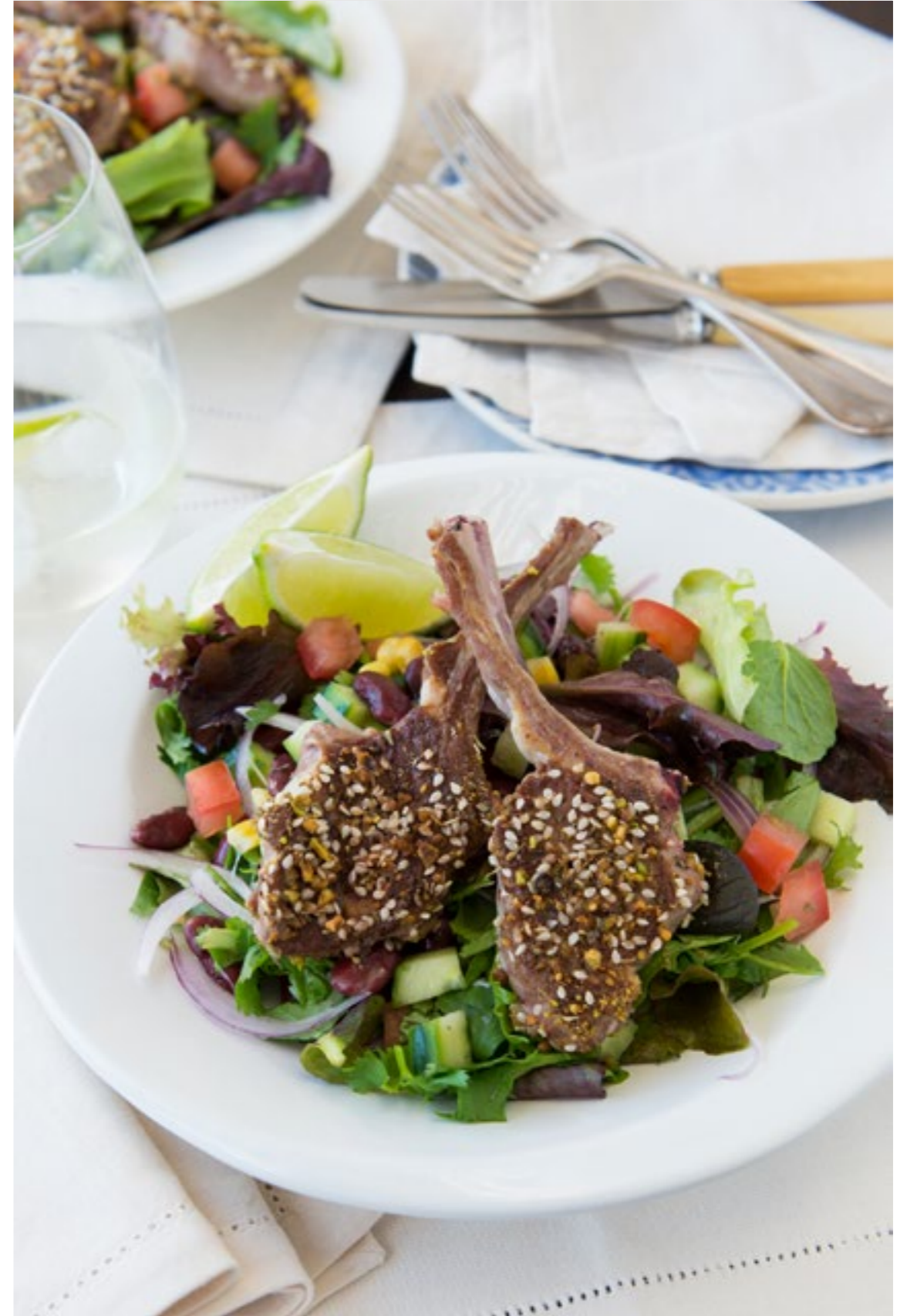
■ PREP TIME: 10 MINS ■ COOKING TIME: 10 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 443 (1861KJ)

Ingredients

1 red onion
1 Lebanese cucumber
1 tomato
1/2 cup corn kernels, fresh or tinned
400g tinned kidney beans
1/2 bunch fresh coriander
cooking oil spray
8 lamb cutlets
1/3 cup dukkah (a Middle Eastern seed & spice mix)
4 cups mixed lettuce leaves
1 tbsp lemon juice

Method

1. Dice the onion, cucumber and tomato. Drain and rinse the kidney beans and chop the coriander leaves.
2. Spray a non-stick fry pan with a little cooking oil spray over a medium to high heat and cook the lamb cutlets for 3-5 minutes each side or until cooked to your liking. You can cook them on a barbecue hotplate if you prefer.
3. Drain cutlets on paper towel if needed to remove any excess fat from cooking. Once cutlets are cooked, dip them in the dukkah mix to cover each side.
4. While the lamb is cooking, combine the onion, cucumber and tomato in a bowl. Add the corn kernels, drained kidney beans, coriander and mixed lettuce and dress with the lemon juice.
5. Place the salad on serving plates and top with the lamb cutlets.





Fish Parcels with Lemon & Dill

■ PREP TIME: 10 MINS ■ COOKING TIME: 15 MINS ■ SERVES: 4

■ CALORIES PER SERVE: 297 (1247KJ)

Ingredients

cooking oil spray
4 x 185g fillets of white fish of choice
1 tbsp extra virgin olive oil
1 tbsp lemon juice
1/2 lemon
4 cups green beans, trimmed
1 red onion, sliced
1 teaspoon dried dill
2 red capsicums, sliced
ground pepper

Method

1. Preheat oven to 180°C. Spray 4 square sheets of baking paper or foil with oil spray.
2. Slice lemon and divide slices between the sheets. Place fish fillets on top of the lemon, sprinkle each with some dill, then top with onion slices and some more dill. Drizzle with lemon juice and olive oil.
3. Wrap tightly in the paper. Place fish parcels on a baking tray and cook in the preheated oven for 10-15 minutes or until fish flakes easily with a fork. Remove from the oven and rest for 3-5 minutes before opening the parcels.
4. Steam the capsicum slices and green beans until tender crisp.
5. Serve fish with veggies and spoon over the juices from the parcel. Season with ground pepper.





Lamb & Rosemary with White Bean Puree

■ PREP TIME: 40 MINS ■ COOKING TIME: 10 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 335 (1407KJ)

Ingredients

500g of lean lamb steak	1/3 cup lemon juice
1 tbsp rosemary leaves	pepper
1 tbsp ground coriander	2 red capsicums
salt	4 cups mixed lettuce leaves
480g of tinned cannellini beans	2 tbsp balsamic vinegar
2 cloves garlic	cooking oil spray

Method

1. Place the lamb steak into a bowl with the rosemary leaves and ground coriander. Season to taste with salt. Ensure the steak is evenly coated, cover and refrigerate for 30 minutes. (If you don't have time, just refrigerate whilst you prepare the bean puree and salad).
2. Make the bean puree by placing the drained beans, garlic, lemon juice, salt & pepper (to taste) in a food processor and blend until smooth. Place puree on serving plates.
3. Thinly slice the capsicum and toss with the mixed salad leaves. Arrange on the serving plate and drizzle with balsamic vinegar.
4. Lightly spray a non-stick frying pan with cooking oil spray and heat over high heat. Add the lamb steak and cook for 4-5 minutes each side or until cooked to your liking. (You can cook the lamb on a barbecue hotplate if you prefer.) Place the steak on the bean puree and serve immediately.
5. If preparing this recipe for a large group, you can make the bean puree and salad ahead of time and cook the meat just before you're ready to serve.





Ricotta & Sundried Tomato Stuffed Chicken

■ PREP TIME: 15 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 325 (1359KJ)

Ingredients

1/3 cup sundried tomatoes
2 cups baby spinach
1/3 cup reduced-fat ricotta cheese
pepper
4 x 100g chicken breast fillets
cooking oil spray
1½ bunches fresh asparagus, trimmed
2 sweet potatoes, peeled & cubed
2 cups green beans, trimmed

Method

1. Preheat oven to 200°C. Finely chop sundried tomatoes and spinach, then mash together with ricotta. If you want a smooth filling, you can pulse in a food processor instead.
2. Carefully cut each chicken breast fillet almost all the way through the thickest part of the breast and open out like a book. Fill pocket with ricotta mixture and roll to enclose, securing with a toothpick if needed.
3. Place chicken on a lined baking dish, spray with a bit of oil and bake for 15-20 minutes or until cooked through.
4. While the chicken is cooking, steam the sweet potato in the microwave, or on the stovetop for 5-7 minutes. Add beans and asparagus in final 2-3 minutes of steaming.
5. Thickly slice stuffed chicken and serve with steamed vegetables and any pan juices.





Roast Beef with Pesto & Veggies

■ PREP TIME: 10 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 493 (2063KJ)

Ingredients

600g of beef rolled roast
2 tbsp basil pesto, store-bought or homemade
1 tbsp extra virgin olive oil
2 cups green beans, trimmed
4 cups broccoli florets
salt

Method

1. Preheat oven to 180°C. Rub the beef with the pesto.
2. Place the beef in a baking dish and roast for 20-30 minutes or until cooked to your liking.
3. While beef is roasting, toss the broccoli florets and the green beans with the oil and a pinch of salt.
4. Add broccoli to the tray with the beef 10 minutes before it is finished cooking. Add beans in the final 5 minutes.
5. When the beef is ready, rest for a few minutes and then slice and serve with the veggies.





Roast Lamb with Mint Pesto

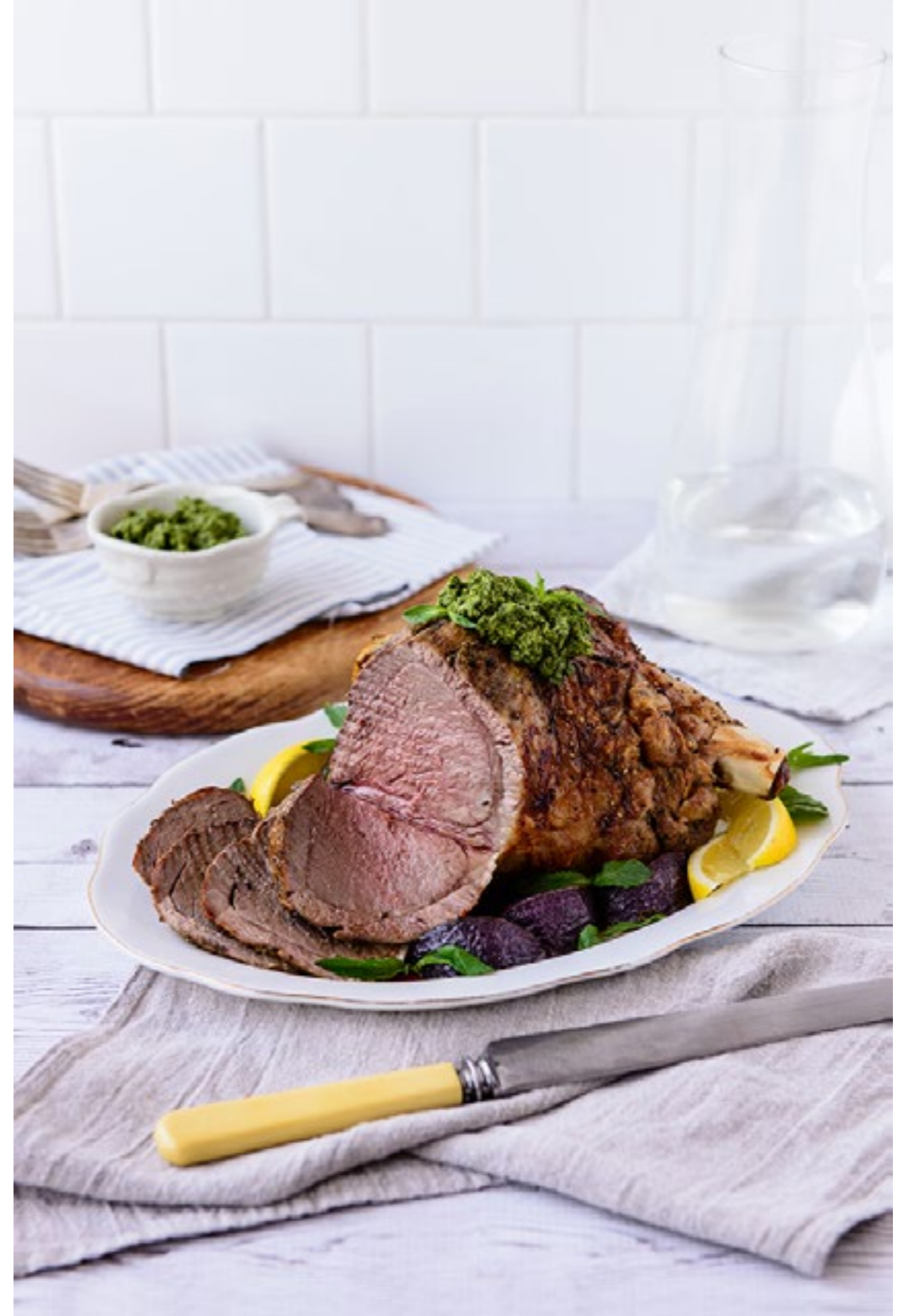
■ PREP TIME: 10 MINS ■ COOKING TIME: 1.5 HOURS ■ SERVES: 6
■ CALORIES PER SERVE: 455 (1903KJ)

Ingredients

1.5kg leg lamb roast	pepper
1 tsp lemon zest	1 cup water
1 clove garlic, crushed	1 red onion
1 tbsp fresh thyme leaves, finely chopped	1 bunch fresh mint, leaves
3 tbsp extra virgin olive oil	2 tbsp slivered almonds
salt	1 tbsp lemon juice
	1 tbsp parmesan cheese, grated

Method

1. Preheat oven to 190°C. Combine lemon zest, garlic, thyme and 1 tablespoon of the oil and rub over the lamb. Season with salt and pepper and place on a rack in a baking dish.
2. Cut onion into wedges and arrange around lamb, then pour the water into the pan.
3. Roast for 1 hour and 15 minutes for medium or until cooked to your liking.
4. While lamb is roasting, make the pesto. Place mint, almonds, lemon juice and parmesan in a food processor until roughly chopped. With the processor running, drizzle in remaining oil in a thin, steady stream. Process until combined. Transfer to a bowl, cover and place in fridge.
6. Remove lamb from oven, cover loosely with foil for 15 minutes before slicing and serving.
7. Serve with a selection of side dishes from this cookbook.





Rosemary Pancetta Chicken

■ PREP TIME: 15 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 346 (1447KJ)

Ingredients

2 tomatoes	1/3 cup grated parmesan
4 x 100g chicken breast fillets	1/3 cup reduced-fat Greek natural yoghurt
1 teaspoon rosemary leaves)	salt
12 slices pancetta	pepper
cooking oil spray	2 cups green beans, chopped
2 tsp balsamic vinegar	
4 medium potatoes	

Method

1. Preheat the oven to 180°C. Cut tomatoes into wedges.
2. Place chicken fillets on a lined baking tray and then sprinkle with rosemary leaves. Wrap three slices of pancetta around each fillet and place tomato wedges on the tray. Spray chicken and tomatoes with the cooking oil spray and drizzle everything with the balsamic vinegar.
3. Place in the oven for 15-20 minutes or until the chicken is cooked through and the pancetta is crispy.
4. While the chicken is cooking, peel and chop the potatoes and steam in the microwave or in a small saucepan on the stove. When tender, drain the potatoes, reserving $\frac{3}{4}$ cup of cooking water. Then mash with reserved water, parmesan and natural yoghurt. Season with salt and pepper.
5. Steam the beans for a couple of minutes in the microwave.
6. Arrange mash on serving plates, top with chicken and serve with roasted tomatoes and beans.
7. Season with salt and pepper if desired.





Seared Lamb with Fatoush Salad

■ PREP TIME: 15 MINS ■ COOKING TIME: 10 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 411 (1725KJ)

Ingredients

480g of lean lamb steak	4 spring onions
2 medium wholemeal pita breads	1/3 cup mint leaves
cooking oil spray	1 bunch fresh parsley
1 Lebanese cucumber	1/3 cup lemon juice
4 tomatoes	2 tbsp extra virgin olive oil
1 red capsicum	salt
1 green capsicum	pepper
	lemon wedges, to serve

Method

1. Preheat oven to 180°C.
2. Finely dice the cucumber, tomato, capsicums and spring onions. Finely chop the mint and parsley.
3. Spray a frying pan with oil and heat over high heat. Cook lamb for 4 minutes each side or until cooked to your liking. Set aside to rest for a few minutes, then slice. You could cook the lamb on a barbecue hotplate if you prefer.
4. While the lamb is cooking, lightly spray the pita breads with cooking oil spray and place on a baking tray in the oven. Cook until crisp and slightly golden.
5. In a bowl, combine all the fresh salad ingredients with the lemon juice, extra virgin olive oil and season with salt and pepper.
6. When the bread is crunchy, break into small pieces and toss through the salad. Arrange salad in serving bowls, top with slices of lamb and serve with lemon wedges.





Warm Lamb & Beetroot Salad

■ PREP TIME: 8 MINS ■ COOKING TIME: 15 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 319 (1333KJ)

Ingredients

320g of lean lamb steak
cooking oil spray
4 small fresh beetroots
4 cups baby spinach
2 tbsp pumpkin seeds (pepitas), roasted
1/2 red onion, diced
1 red capsicum, finely sliced
1 tbsp balsamic vinegar
1 tbsp extra virgin olive oil
salt
pepper

Method

1. Lightly spray a non-stick pan with cooking oil spray over medium-high heat. Add lamb fillet and cook on both sides for approx 4-5 minutes until cooked to your liking. Allow to rest for a few minutes. You could also use a barbecue hotplate to prepare the lamb if you prefer.
2. Scrub and then grate the beetroot and combine with spinach leaves, pumpkin seeds, red onion and capsicum. Dress with balsamic, oil, salt and pepper.
3. Slice lamb and serve on top of salad.





E A S T E R

Side Dishes

Accompany your main dishes with some delicious sides. Load up on fresh vegetables, cheeses and grains to give your guests a complete healthy meal. Not only are these recipes great to have before and after specific lunches or dinners but also they are ideal to have on hand when you need something in between main meals in the lead-up to, and after, Easter.



Mint, Bean, Feta & Almond Warm Salad

■ PREP TIME: 7 MINS ■ COOKING TIME: 7 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 268 (1123KJ)

Ingredients

2 cups frozen peas
2 cups frozen broad beans
2 tsp extra virgin olive oil
2 zucchini, diced
1 tbsp lemon juice
1/3 cup flaked almonds
1/3 cup reduced-fat feta
1/3 cup mint leaves, chopped
1 tbsp lemon zest
lemon wedge, to serve

Method

1. Place the peas and broad beans in a saucepan of boiling water for 3-4 minutes, until bright green and still firm. Remove from the heat, drain and rinse with cold water.
2. Peel the broad beans and discard the skins.
3. Heat a pan with the olive oil and cook the diced zucchini over a medium heat until golden and just tender. Add the peas and beans to the pan and toss together to warm. Add lemon juice and combine.
4. Remove the vegetables from the heat, place on a serving plate and scatter with almonds, crumbled feta, mint and lemon zest to serve.





Mint Peas with Feta & Slivered Almonds

■ PREP TIME: 5 MINS ■ COOKING TIME: 5 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 168 (704KJ)

Ingredients

1 cup sugar snap peas, trimmed
2 cups frozen peas
2 tbsp slivered almonds
2 tbsp reduced-fat feta, crumbled
1 tbsp lemon juice
1 tbsp olive oil
2 tbsp mint leaves, finely chopped
extra mint leaves
lemon wedges, to serve

Method

1. Blanch the sugar snap peas and frozen peas in boiling water for 1-2 minutes until tender crisp. Drain, refresh in cold water and drain again. Place the vegetables in a serving bowl.
2. Whisk together the lemon juice, oil and mint. Toss vegetables with dressing, top with crumbled feta, slivered almonds and extra mint leaves. Serve with lemon wedges.





Moroccan Salad

■ PREP TIME: 10 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 283 (1183KJ)

Ingredients

3 oranges
320g of tinned chickpeas
4 cups baby spinach
4 small fresh beetroots, grated
1/2 red onion, thinly sliced
1/3 cup walnuts, chopped
1 tbsp extra virgin olive oil
1 tbsp lemon juice
2 cloves garlic, crushed
salt
pepper

Method

1. Remove the peel and pith from the oranges. Cut the oranges into segments. Rinse and drain the chickpeas.
2. Arrange spinach leaves, orange, walnuts, chickpeas, beetroot and onion in a serving bowl.
3. Combine oil, lemon juice and garlic and drizzle over salad. Season with salt and pepper.





Potato & Rocket Salad with Walnuts

■ PREP TIME: 7 MINS ■ COOKING TIME: 10 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 118 (493KJ)

Ingredients

2 potatoes
1/4 cup reduced-fat Greek natural yoghurt
2 tsp white wine vinegar
1 tsp wholegrain mustard
1/2 tsp honey
2 tbsp walnuts, roughly chopped
3 cups rocket leaves

Method

1. Cut the potato into bite size chunks. Place in a microwave steamer and cook on high until tender. You can also steam until tender on the stovetop if preferred. Rinse under cold running water and set aside.
2. Meanwhile, whisk together yoghurt, vinegar, mustard and honey in a bowl until smooth.
3. Combine cooled potato with dressing. Place rocket in a serving bowl, top with dressed potato and walnuts.





Roast Vegetable Salad with Satay Dressing

■ PREP TIME: 10 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 349 (1459KJ)

Ingredients

3 cups pumpkin	1 teaspoon curry powder
1 tbsp extra virgin olive oil	1/3 cup water
2 cups tinned chickpeas	2 tsp sweet chilli sauce
2 bunches fresh asparagus, trimmed	1 tbsp tamari (gluten-free soy sauce)
1/3 cup peanut butter	4 cups baby spinach
1/3 cup lime juice	1 red onion, sliced

Method

1. Pre-heat oven to 180°C and line a tray with baking paper.
2. Peel and chop pumpkin and toss with ½ the olive oil. Arrange on the prepared baking tray and place in oven for 20 minutes or until golden and tender.
3. Rinse and drain chickpeas and pat dry with paper towel. Toss with asparagus and remaining oil and, in the final 10 minutes of cooking the pumpkin, add to the baking tray and cook until asparagus is tender and chickpeas are golden.
4. Prepare the satay dressing by combining the peanut butter, lime juice, water, curry powder, sweet chilli sauce and tamari. Mix until smooth.
5. Arrange spinach leaves, roast pumpkin, asparagus, chickpeas and red onion on a serving plate and drizzle with satay dressing to serve.





Spiced Pumpkin Couscous

■ PREP TIME: 10 MINS ■ COOKING TIME: 20 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 173 (724KJ)

Ingredients

1/2 tsp sweet paprika	1/2 cup boiling water
1/2 tsp ground cumin	1/4 teaspoon ground turmeric
1/2 clove garlic, crushed	1 tbsp lemon juice
1 tbsp olive oil	1 tbsp slivered almonds
200g pumpkin, peeled & cubed	1 tbsp coriander leaves, roughly chopped
1 red onion, cut into wedges	
1/2 cup couscous	

Method

1. Preheat oven to 180°C. Combine garlic, half the oil, half the paprika and half the cumin. Toss pumpkin and onion with the spice mixture and spread in a single layer over a lined baking tray. Roast for 20 minutes or until tender.
2. Combine couscous with boiling water, cover and set aside for 5 minutes to absorb.
3. In a dry frying pan, toast turmeric and remaining paprika and cumin for 1 minute or until fragrant. Whisk toasted spices with the remaining oil and the lemon juice and stir through prepared couscous to combine.
4. Gently toss couscous with roasted veggies, almonds and coriander and place in a serving bowl to serve.





Sweet Potato Salad

■ PREP TIME: 10 MINS ■ COOKING TIME: 20 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 342 (1436KJ)

Ingredients

4 tomatoes
2 avocados
2 sweet potatoes
cooking oil spray
1/3 cup pine nuts
4 cups baby spinach
1 tbsp honey
1 tbsp red wine vinegar

Method

1. Preheat the oven to 200°C. Cut the tomatoes into quarters and dice the avocados. Peel and slice the sweet potatoes into strips.
2. Place the tomato and sweet potato on a lined baking tray and spray with some cooking oil spray. Place the tray in the oven for 15 minutes.
3. While the potato and tomato are cooking, dry-fry the pine nuts in a small non-stick fry pan until toasted, making sure to watch regularly so they do not burn.
4. Arrange the spinach in serving bowls and top with the diced avocado, sweet potato, tomato and toasted pine nuts.
5. Combine the honey and red wine vinegar and drizzle over the whole salad to serve.





E A S T E R

Chocolate & Sweets

We've compiled a selection of healthy sweet treats that are ideal for serving as dessert or indulging in for morning or afternoon tea. Of course, chocolate is popular in this choice of recipes as Easter wouldn't be the same without it!

Not only are these recipes great to have before and after specific lunches or dinners, but also they are ideal to have on hand when you need something in between main meals in the lead-up to, and after, Easter.



Chocolate Cake & Sauce

■ PREP TIME: 10 MINS ■ COOKING TIME: 45 MINS ■ SERVES: 8
■ CALORIES PER SERVE: NO SAUCE: 151 (632KJ) WITH SAUCE: 213 (891KJ)

Ingredients

2 eggs
1 tsp olive or coconut oil
1 cup coconut sugar (or a natural sweetener blend, such as Natvia)
3/4 cup zucchini puree
1 tbsp vanilla essence
1¼ cups wholemeal flour
1¼ tsp baking powder
1/2 tsp salt
1/2 cup raw cacao powder
1 cup beetroot puree

Sauce
40g dark chocolate
160ml smooth light ricotta
2 tsp vanilla essence
1 tbsp coconut sugar
(or a natural sweetener blend, such as Natvia)
2 tbsp skim milk

Method

1. Preheat oven to 180°C. Whisk together eggs, oil, sugar, zucchini puree and vanilla. Sift flour, baking powder, salt and cacao, then stir into wet ingredients
2. Add pureed beetroot and stir until well combined. Pour mixture into a greased and lined cake tin (we used a ring tin) and bake for 30-45 minutes or until a skewer inserted in the middle comes out clean.
3. Remove from pan and place on a wire rack to cool.
4. Sauce: Break the dark chocolate into small pieces and place in a saucepan with remaining ingredients. Stir over a low heat until chocolate has melted. Serve immediately as a hot sauce poured over individual slices, or chill in the fridge to spread over cake as icing.





Chocolate Coconut Crumble

■ PREP TIME: 10 MINS ■ COOKING TIME: 15 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 321 (1347KJ)

Ingredients

2 pears	2 tbsp coconut oil
2 bananas	3 tbsp plain wholemeal flour
1/3 cup raw cacao powder	1/2 cup rolled oats
1/3 cup honey	1/3 cup shredded coconut
160ml water	

Method

1. Preheat oven to 200°C. Peel and dice the pears and bananas.
2. In a saucepan, combine the pear, banana, cocoa, half the honey and the water. Bring to the boil, then simmer for 3 minutes or until pear is cooked. Mash well with a fork or blend until smooth.
3. Place the chocolate-pear mixture into a baking dish (you could cook in single serve ramekins if you prefer).
4. In a separate bowl, rub together the coconut oil and flour to create crumbs and then mix through the oats and coconut.
5. Sprinkle the crumble mix on top of the chocolate-pear mixture then drizzle with remaining honey.
6. Cook in the oven for 10-15 minutes or until crumble is nicely browned on top.





Chocolate Coconut Slice

■ PREP TIME: 15 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 15
■ CALORIES PER SERVE: 209 (880KJ)

Ingredients

5 Weet-Bix, crushed	1 cup wholemeal self-raising flour
1 tsp vanilla extract	2 tbsp raw cacao powder
4 tbsp pure virgin coconut oil	Icing
4 tbsp Greek natural yoghurt	1 cup coconut sugar
1 cup desiccated coconut	(or a natural sweetener blend, such as Natvia)
20g Natvia*	2 tbsp raw cacao powder
1 egg, beaten	4 tbsp boiling water
1/2 cup milk	

Method

1. Preheat oven to 180°C. Combine all slice ingredients and stir until well combined. If it seems too dry, add a little more milk. Mixture should be moist but crumbly.
2. Line a 20cm square baking dish with greaseproof paper. Press mixture into tin with the back of a spoon. Bake for 20-25 minutes or until a knife inserted at the middle comes out clean.
3. Once slice has cooled, make the icing by combining all ingredients and whisking well. Allow to cool and thicken slightly before spreading over the top of the slice. Cut slice into pieces once icing has started to set.

*NATVIA CAN BE SUBSTITUTED WITH THE EQUIVALENT AMOUNT OF OTHER PREFERRED NATURAL SWEETENER.



Get the kids to count out the Weet-Bix and break them into tiny pieces. They can also help measure out all the ingredients. Never mind the mess!



Easter Biscoff Weetbix Slice

■ PREP TIME: 40 MINS ■ SERVES: 24 ■ CALORIES PER SERVE: 154 (643KJ)

Ingredients

2 cups sultanas (350 grams)
1/2 cup cacao/cocoa powder
1/3 cup Biscoff Spread
4 tbsp coconut oil
8 wheat cereal biscuit
eg Weetbix
1/2 cup honey
10 pieces Speckled chocolate
eggs, slightly chopped/crushed
leaving some to resemble eggs

Method

1. Line a baking tray with baking paper.
2. Add all ingredients into a blender except 2 tablespoons of biscoff and 2 of coconut oil (use this at the end for the top layer).
3. You may need to add in a little water as you blitz to blend well.
4. Once blended, place mixture into prepared baking tray and spread the mix evenly and smooth it out with a knife or the back of a spoon and place in the fridge or freezer for 10 minutes to slightly set.
5. Place the remaining biscoff spread and coconut oil in the microwave for 30 seconds at a time until completely melted, stir to thoroughly combine, then pour over base. Top with speckled eggs.
6. Place in the fridge to set for 2 hours. Once set, slice into 24 pieces using a hot knife.
7. One slice is one serve.





Chocolate Cupcakes with Strawberry Frosting

■ PREP TIME: 15 MINS + OVERNIGHT REFRIDGERATION ■ COOKING TIME: 15 MINS ■ SERVES: 11
■ CALORIES PER SERVE: 160 (669KJ)

Ingredients

2 cups Greek natural yoghurt	1/4 cup Natvia*
250g punnet fresh strawberries, pureed	1 egg, beaten
2 tbsp agave nectar (adjust depending on the sweetness of the strawberries)	1/2 tsp vanilla extract
1/4 cup olive oil	3 tbsp milk
	3/4 cup wholemeal self-raising flour
	2 tbsp raw cacao powder

Method

1. Preheat oven to 200°C. Line a muffin tray with paper patty pans.
2. Pour oil and Natvia into a mixing bowl and whisk until slightly frothy. Add egg, vanilla extract and milk, and mix well.
3. Slowly stir in sifted flour and cacao until well combined. If mixture is too dry, add an extra tablespoon of milk.
4. Spoon mixture evenly between patty pans and bake for 12-15 minutes. Remove and allow to cool on a wire rack.
5. Once cooled, remove yoghurt mixture from the fridge and check flavour, adding additional sweetener if required. Spoon yoghurt mixture over the cupcakes or use a piping bag.

Note: 12-24 hours prior to making the cupcakes, mix together yoghurt, pureed strawberries and agave nectar and spoon into a colander lined with a couple of layers of muslin. Place colander over a bowl and refrigerate until mixture is a thick consistency.

*NATVIA CAN BE SUBSTITUTED WITH THE EQUIVALENT AMOUNT OF OTHER PREFERRED NATURAL SWEETENER.



Cooking tip: If you haven't had time to drain the yoghurt and strawberry mixture, you could substitute the yoghurt for reduced-fat cream cheese.



Chocolate Fruit & Nut Bites

■ PREP TIME: 10 MINS ■ COOKING TIME: 5 MINS ■ SERVES: 15
■ CALORIES PER SERVE: 135 (565KJ)

Ingredients

75g dark chocolate
4 tsp coconut oil
2 cups mixed dried fruit, nuts and seeds

Method

1. Line a large baking tray with greaseproof paper. Add chocolate and coconut oil to a non-stick saucepan and stir over a low heat until melted. Add fruit and nuts, and stir until well combined.
2. Spoon into the lined baking tray, lightly press down to flatten and refrigerate until set, then slice.





Easy Chocolate Mousse with Berries

■ PREP TIME: 5 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 144 (605KJ)

Ingredients

1/2 cup reduced-fat ricotta cheese
1/2 cup reduced-fat Greek natural yoghurt
1 tbsp maple syrup
1 tbsp raw cacao/cocoa powder
1 cup sliced strawberries
1½ tbsp dark chocolate bits
1½ tbsp crushed peanuts

Method

1. Whisk together the ricotta, yoghurt, maple syrup and cacao/cocoa until well combined.
2. Divide between 4 serving bowls.
3. Garnish with sliced strawberries, dark choc chips and nuts to serve.





Flourless Chocolate Cake

■ PREP TIME: 25 MINS ■ COOKING TIME: 35 MINS ■ SERVES: 24
■ CALORIES PER SERVE: 120 (502KJ)

Ingredients

1½ cups dark chocolate chips
1½ cans chickpeas, drained
4 eggs
1/2 cup Natvia*
Pinch baking soda
1 tbsp icing sugar or Natvia, for dusting

Method

1. Preheat oven to 180°C. Melt chocolate in the microwave, or in a heat-proof bowl over a saucepan of boiling water.
2. Blend chickpeas and eggs in a blender until smooth. Add the Natvia and baking soda and pulse a couple of times.
3. Pour chickpea mixture into a large bowl, add melted chocolate and mix until smooth.
4. Pour mixture into a greased and lined baking tin and bake for 30 minutes or until a skewer inserted in the middle comes out clean.
5. Allow cake to cool for 15 minutes, then turn out of tin and dust with icing sugar.





Frozen Cheesecake Bites

■ PREP TIME: 190 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 137 (572KJ)

Ingredients

- 1 cup bran cereal
- 1 banana
- 2 cups mixed berries (fresh or frozen)
- 1 cup reduced-fat Greek natural yoghurt

Method

1. Place bran cereal in a food processor and blitz until fine crumbs are formed.
2. In a mixing bowl, mash the banana until smooth, mix in the bran crumbs. Mixture should stick together when pressed.
3. Line 4 muffin tray holes with patty pans and press bran and banana mix into the bottom of each patty pan.
4. Place berries in a food processor with yoghurt and puree until smooth. Spoon mixture on top of base in patty pans.
5. Place in freezer for approximately three hours or until set and then serve. 1 cheesecake bite is 1 serve.





Ginger & Lemon Cheesecake

■ PREP TIME: 70 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 320 (1344KJ)

Ingredients

1 cup reduced-fat cottage cheese
1 cup reduced-fat Greek natural yoghurt
2 tsp lemon juice
2 tsp lemon zest
1 tbsp maple syrup
1/3 cup crystallised ginger, finely chopped
1.3 cups almond meal

Method

1. Combine cottage cheese, yoghurt, lemon juice, zest and maple syrup and mix well.
2. In a separate bowl, stir the finely chopped ginger into the almond meal.
3. In 4 medium-sized glasses, layer some of the almond meal mix followed by some of the cheesecake filling. Repeat layers in each glass until ingredients have been used up. Top with any remaining almond meal.
4. Serve immediately or refrigerate for up to 1 hour.





Orange & Yoghurt Panacotta

■ PREP TIME: 245 MINS ■ SERVES: 2 ■ CALORIES PER SERVE: 105 (441KJ)

Ingredients

2 tsp powdered gelatine
1 tbsp cold water
½ cup boiling water
1 cup freshly squeezed orange juice
½ cup reduced-fat Greek natural yoghurt
1 tsp orange zest
orange slices, to serve

Method

1. In a large jug sprinkle gelatine over the tablespoon of cold water and leave to soften for a minute or two.
2. Add the boiling water to the gelatine mixture and stir until dissolved. Whisk in orange juice and yoghurt.
3. Divide between 2 serving glasses and refrigerate for 4 hours or until set. Garnish with orange zest to serve.





Raw Chocolate Mini Cakes

■ PREP TIME: 40 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 195 (819KJ)

Ingredients

1/3 cup almond butter
1½ tbsp raw cacao/cocoa powder
2¼ tbsp maple syrup
2 tsp vanilla extract
1½ tbsp coconut flour
2 tbsp chilled coconut cream

Method

1. Combine almond butter, 1 tablespoon of the cacao/cocoa, 2 tablespoons of maple syrup, 1 teaspoon of vanilla extract and the coconut flour and mix well.
2. Divide cake mix into 4 silicone muffin moulds and press into base of moulds. (If you don't have silicone moulds, line 4 muffin tin holes with baking paper or patty cases.) Refrigerate for 30 minutes or until chilled.
3. Prepare the frosting by combining the remaining cacao/cocoa, maple syrup and vanilla extract with the chilled coconut cream. (Remember to use the thick layer of coconut cream that settles at the top of the tin to ensure your frosting has a thick consistency.)
4. When ready to serve, remove the cakes from the muffin moulds and pipe or spoon the frosting on top.





Rhubarb & Ginger Glories

■ PREP TIME: 70 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4
■ CALORIES PER SERVE: 160 (672KJ)

Ingredients

2 tbsp fresh ginger, finely chopped
1/3 cup honey
3 cups water
2 cups rhubarb, washed, trimmed and chopped
1 tbsp lemon zest
1 cup reduced-fat Greek natural yoghurt

Method

1. Place the ginger, half the honey and the water in a saucepan and heat gently over medium heat for 3 minutes, stirring occasionally.
2. Bring to the boil, reduce the heat and simmer for 10 minutes.
3. Add the prepared rhubarb to the saucepan and simmer for 7-10 minutes or until the rhubarb is soft but still whole.
4. Remove the rhubarb from the liquid and spoon into tall serving glasses. Place glasses in the fridge to chill for about 1 hour.
5. Keep the liquid simmering for a further 5 minutes and then remove from heat and let cool.
6. Before serving, place the lemon zest (reserve a little for garnishing) into a bowl with the yoghurt and remaining honey and mix well.
7. Spoon the yoghurt mixture on top of the chilled rhubarb, then add 1-2 tablespoons of the simmered liquid to each glass. Decorate with remaining lemon zest.





E A S T E R

Drinks

These cocktail and mocktail recipes will ensure you have a healthy celebration at Easter. Plus we've also included our favourite Easter Chocolate Smoothies to keep you energised during the holiday break. Great for a healthy breakfast, snack or lunch when you're busy prepping for family catch ups & celebrations.

As well as these drinks, add lots of water jugs to your table filled with ice and slices of fresh fruit like lemons, oranges, limes, apples and berries. Top with some fresh mint leaves and you will have the perfect healthy table decorations.



Blueberry Breeze Cocktail

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 86 (360KJ)

Ingredients

2 tbsp blueberries
1/2 cup soda water
2 tsp lemon juice
150ml sparkling wine

Method

1. Muddle the blueberries by squashing with the back of a fork.
2. Combine with soda water and lemon juice in a serving glass.
3. Top with sparkling wine to serve.





Mojito Slushy Cocktail

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 67 (282KJ)

Ingredients

1 tbsp mint leaves, chopped
1/2 cup soda water
2 tsp lime juice
30ml vodka
1/2 cup ice

Method

1. Place all ingredients in a blender until ice is crushed.
2. Pour in a glass and serve.





Raspberry Shandy Cocktail

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 90 (378KJ)

Ingredients

2 tbsp raspberries
1/2 cup light beer
1/2 cup orange juice, freshly squeezed

Method

1. Muddle the raspberries by slightly squashing with the back of a fork. Add to a serving glass.
2. Pour in beer and orange juice to serve.





Watermelon Margarita Cocktail

■ PREP TIME 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 111 (467KJ)

Ingredients

1/2 cup watermelon, chopped
30ml orange liqueur (eg, Triple Sec)
2 tsp lime juice
1/2 cup soda water

Method

1. Place watermelon in blender on high until smooth.
2. Combine watermelon puree with orange liqueur, lime juice and soda water and serve.





Passionfruit-Pineapple Mocktail

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 76 (319KJ)

Ingredients

1/4 cup orange and passionfruit juice, no added sugar
1/4 cup pineapple juice, no added sugar
2 tsp lime juice
1 tbsp light coconut milk
1/2 cup ice cubes

Method

1. Combine juices with coconut milk and pour over ice in a glass to serve.





Tropical Passion Crush

■ PREP TIME: 3 MINS ■ SERVES: 1 ■ CALORIES PER SERVE: 94 (390KJ)

Ingredients

1/2 cup diced pineapple, fresh or tinned
1/4 tsp minced fresh ginger
1/2 cup orange juice
1/2 cup water
1/4 cup fresh or tinned passionfruit pulp
2 tsp fresh mint leaves
ice cubes

Method

1. If using tinned passionfruit pulp, be sure to use a brand with no added sugar.
2. Place all ingredients in a blender on high until pureed.
3. Pour in a glass and serve.





Cinnamon Donut Smoothie

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 343 (1434KJ)

Ingredients

2 tbsp Healthy Mummy Chocolate Premium Smoothie Powder
250ml low fat milk of choice
1 weetbix
1 tsp biscoff spread
1/2 tsp cinnamon
1 cup ice cubes
1/2 biscoff biscuit

Method

1. Place all ingredients, except the biscuit, into a blender and blitz until smooth.
2. Pour into a glass, top with the crumbled biscuit to serve.





Chocolate Superfood Smoothie

■ PREP TIME: 5 MINS ■ SERVES 1 ■ CALORIES PER SERVE: 351 (1469KJ)

Ingredients

1 cup reduced-fat milk of choice
2 tbsp Healthy Mummy Chocolate Tummy Smoothie Powder
1/2 banana
1 tbsp cacao
1/2 tbsp cacao nibs

Method

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into a glass to serve.



tummy smoothie

A delicious and nutritious meal replacement, the **Tummy Smoothie** has been designed by experts to support gut health, digestion and weight loss.* Packed with probiotics, the smoothie encourages a healthy microbiome and reduces bloating. As the smoothie is a good source of fibre, it will help you feel fuller for longer and the high protein content will keep hunger pangs at bay.

JUST ADD
2 TBSP OF THE
TUMMY SMOOTHIE
MIX TO MILK
AND SHAKE!



- ✓ Contributes to **WEIGHT LOSS***
- ✓ Contains **PROBIOTICS** to support gut health
- ✓ Fibre to keep you **FULLER FOR LONGER**
- ✓ High in protein which **REDUCES HUNGER**
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- ✓ **DELICIOUS** vanilla and chocolate flavours
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the healthy Mummy

PREMIUM SMOOTHIES

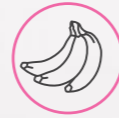
Designed by nutritionists, the Premium Meal Replacement Smoothies will provide you with the boost you need to revolutionise your health and weight loss[^]. Our premium protein blend is 80% whey protein, contains probiotics and is packed with 23 vitamins and minerals. This smoothie also is insanely creamy and packs a flavour punch!



More **vitamin A** than a **fillet of salmon**



More **iron** than a **small steak**



More **potassium** than **2.5 bananas**



More **calcium** than a **glass of milk**



More **zinc** than **5 eggs**



More **folate** than a **2 cups of spinach**



More **vitamin B12** than a **chicken breast**

** when used in conjunction with a diet reduced in energy and an exercise plan



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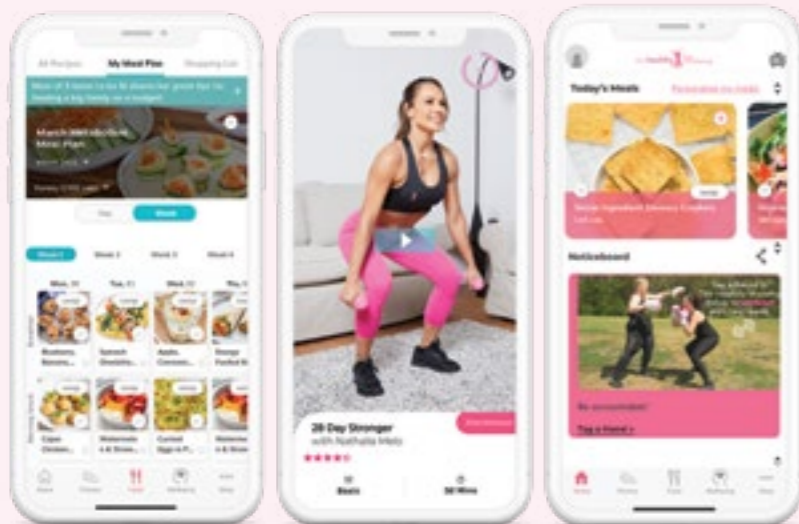
Home of the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** is a realistic program, tailor-made for busy mums!

We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create **LIFELONG CHANGE** for you and your family.

- Delicious recipes for all your family**
Over 6000 family-friendly recipes, nutritionist-designed for all your dietary needs.
- Work out from home**
Over 600 easy workout videos, designed by a personal trainer for mums to do at home.
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Mums have saved more than \$200 a month with our budget-friendly, customisable meal plans.
- Real mums supporting real mums**
Our private support group will motivate and inspire you every step of the way.
- It works!**
Mums that stick to the plan have lost 4-6kg in just 28 days!

- ✓ Customisable meal plans
- ✓ At-home fitness
- ✓ Daily motivation



4.6 rating
7300+ reviews



4.7 rating
6000+ reviews



4.7 rating
15000+ reviews

It's easy and affordable, with real results!

Real mums. Real results.

We've proudly helped mums lose more than **3 million kilos**. Mums just like you are completely transforming their health and bodies. **You can do it too** (and it's easy!)



Jessica Lewis
Mum of 3
lost 29kgs

Chloe Wills
Mum of 2
lost 25kgs

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WHAT MUMS ARE SAYING ABOUT THE HEALTHY MUMMY APP!

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“ Abby lost 37kg The Healthy Mummy has given me every tool I have needed to achieve my results, along with discipline and consistency. ”



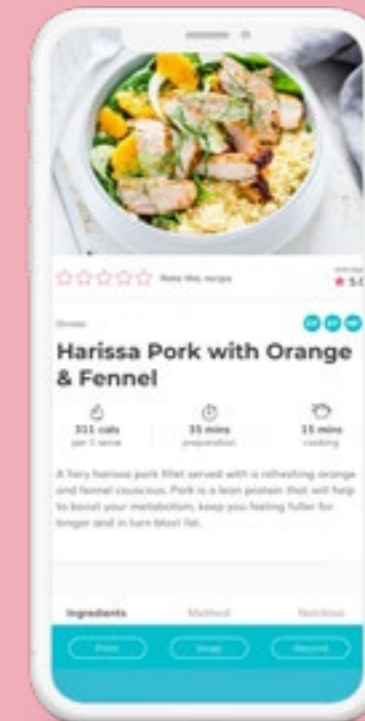
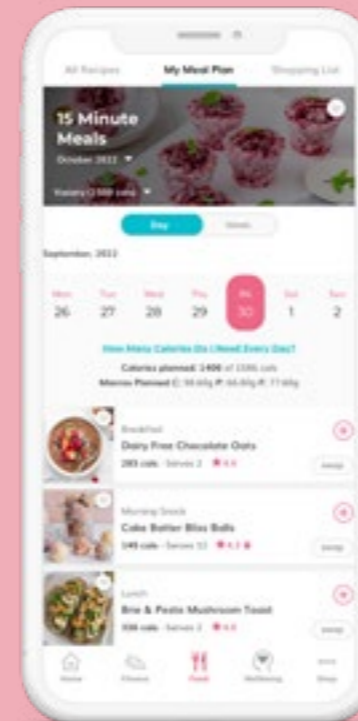
“ Amy lost 44kg I feel like I've lost so much mental baggage as well! ”



Why mums have rated the app 5 stars!

★★★★★ Best program ever!

- ✓ This is a lifetime not a whim or yo-yo diet! (Katrina, NSW)
- ✓ Amazing products, recipes and support (Deb, QLD)
- ✓ Awesome app with so many yummy recipes (Chloe, WA)
- ✓ Great support system and easy to use (Cass, SA)
- ✓ The Healthy Mummy App has been my number 1 tool in my weight-loss journey (Taylor, QLD)
- ✓ As a busy mum of four, The Healthy Mummy makes exercise and healthy meals easily and quickly accessible! (Anna, NSW)



★ Trustpilot
★★★★★

4.6 rating
7300+ reviews



4.7 rating
6000+ reviews



4.7 rating
15000+ reviews

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HANNAH lost 28kg

Thanks to The Healthy Mummy 28 Day Weight Loss Challenges I have lost:

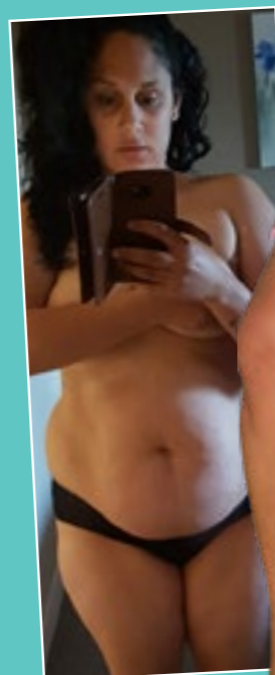
- Over 32cm from my body
- My unhealthy relationship with food, and
- My sugar addiction.

💪 Thanks to The Healthy Mummy 28 Day Weight Loss Challenges, I have gained:

- Strength both physically and mentally
- Confidence in my own skin, and
- Knowledge on how to nourish and feed my family on a budget.

The 28 Day Weight Loss Challenges have given me the tools to provide my family with healthy, quick meals and snacks on a budget. The app fitness programs allow me to exercise anytime from the comfort of my home. The 28 Day Weight Loss Challenge sets you up with all the tools to succeed.

Hannah, NSW



MELANIE lost 62kg

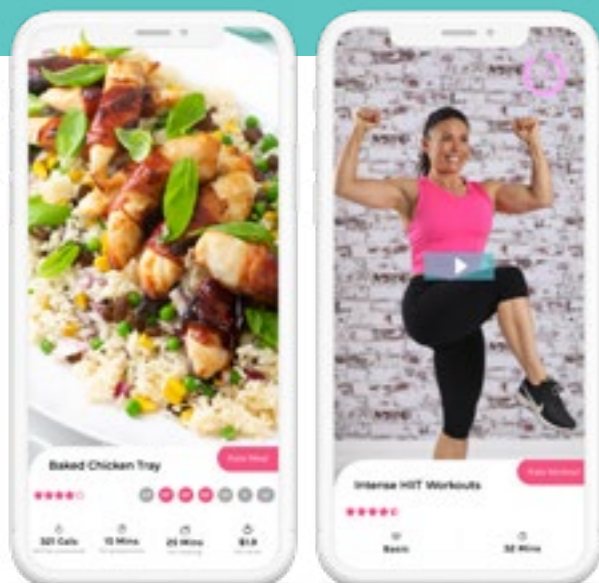
If I had the chance to go back in time and speak with myself circa 2013 - I would DEFINITELY give myself the time and energy to truly focus on what is best for me and my family, for our health, our wellbeing and to actually LIVE (not just exist).

💪 With The Healthy Mummy 28 Day Weight Loss Challenges on the app I have gained:

- A whole new world of confidence
- A whole new respect for my body
- A whole new way of life
- A whole new love of food, and
- A guilt-free lifestyle.

Thanks to The Healthy Mummy 28 Day Challenges, I have built this into our daily routine, and we don't put anything on the backburner anymore. My family loves the food, the exercise and the supportive community.

Melanie, QLD



THE HEALTHY MUMMY APP

- ✓ 600+ full-length workout videos for beginners and advanced users
- ✓ 6000+ fast, fresh and family-friendly recipes
- ✓ Customisable meal plans
- ✓ Home to the 28 Day Weight Loss Challenge

- ✓ Mindpower program to support the mental wellbeing of mums
- ✓ 24/7 support
- ✓ Helping millions of mums regain body confidence
- ✓ Private support and motivational groups

★ Trustpilot
★★★★★
4.6 rating
7,300+ reviews

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6,000+ reviews

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THE HEALTHY MUMMY **PRODUCT RANGE**



THE HEALTHY MUMMY APP



SKINCARE



AVAILABLE IN MORE FLAVOURS!

SMOOTHIE RANGE

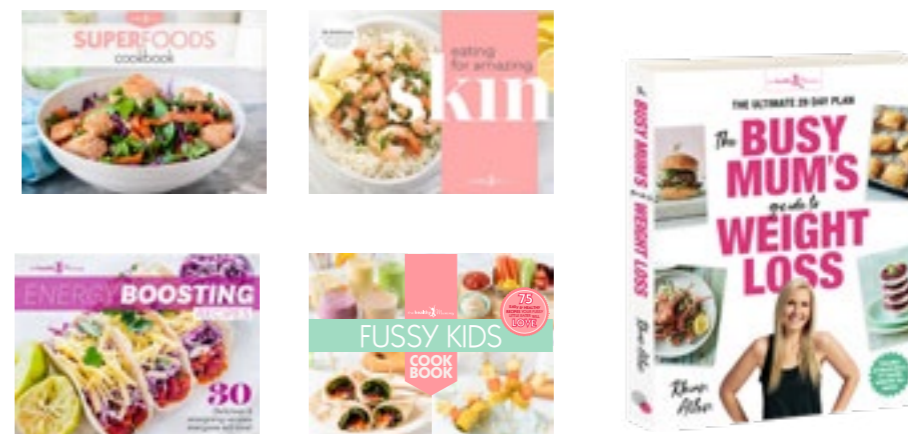


SPECIALTY SMOOTHIES



AVAILABLE IN MORE FLAVOURS!

SUPPLEMENTS



BOOKS

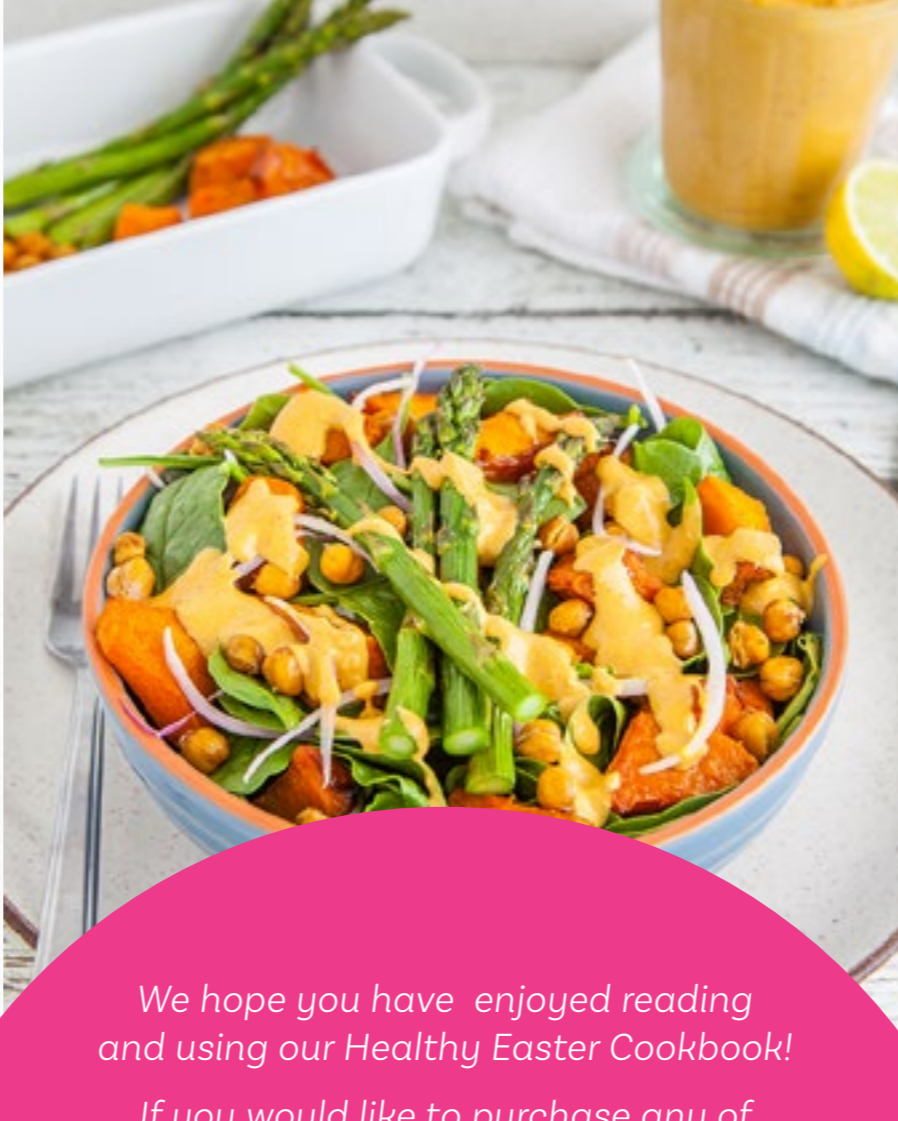
useful links

Facebook Support Group
Customer Support
Healthy Mummy Help Hub
Ultimate App Guide

PRODUCTS TO HELP

Smoothie Fact Sheet
Smoothie Quiz
Supplement Fact Sheet
Supplement Quiz
Skin Fact Sheet & Quiz





We hope you have enjoyed reading and using our Healthy Easter Cookbook!

If you would like to purchase any of our products and plans, or want access to more health information and recipes, please visit our website, www.healthymummy.com

If you have any questions regarding anything in this book or any of our plans you can email us at support@thehealthymummy.com and we'll do our best to answer your query.

Good luck on your healthy lifestyle journey!

The Healthy Mummy Team